

PROTECT YOURSELF FROM CORONAVIRUS COVID-19

HOW TO PROTECT YOU AND YOUR FAMILY

AFRICAN AMERICANS HIT HARDER BY COVID-19

Who Is At Risk For COVID-19?

COVID-19 is a respiratory illness and *everyone is at risk of infection.*

You are at greater risk of COVID-19 complications if you:

- Are over the age of 65
- Live in a group setting, like a nursing home or long-term care facility
- Have a chronic health condition like: COPD, heart disease, hypertension, obesity, diabetes, kidney disease, liver disease, asthma, or a weakened immune system.

What to Do if You Feel Sick?

Watch for symptoms of COVID-19: **FEVER, COUGH, SHORTNESS OF BREATH**

- Stay home and away from others
- Wear a cloth face covering if you have to go out
- Watch for COVID-19 symptoms like fever, cough, and shortness of breath
- If you have these symptoms, call your doctor!
- If you do not have a doctor, call Atrium Health (704) 468-8888 or Novant Health (877) 966-8268 for more information about testing



Practice Good Hygiene



Social Distance
& Stay Home



Stay Informed
Visit: [mecknc.gov/COVID-19](https://www.mecknc.gov/COVID-19)

Mecklenburg County Stay At Home Order – what does it mean?

- Only go out for the essentials
(food, medication, medical treatment that cannot be done over the phone)
- Stay at home and away from anyone not living in your household
- Stay at least 6 feet away from other people and wash your hands often

Where Can I Get More Information?

Visit www.mecknc.gov/COVID-19 or www.cdc.gov/covid19
For other questions about COVID-19, call MCPH Help Line at (980) 314-9400



Mecklenburg County Public Health